

When is the centre open?

Urgent Care hours:

7 days a week 9:00 a.m. to 8:00 p.m.
(including statutory holidays)

Please note:

We do not have these services on-site:

- x-ray, ultrasound, medical imaging, or CT scanning
- laboratory services

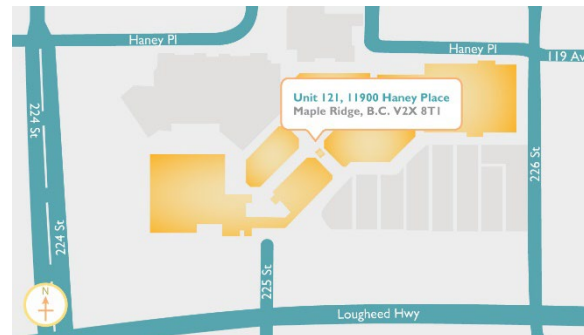
We do not have narcotics (opioids) onsite.

We will not give prescriptions for narcotics or tranquilizers (benzodiazepines).

Where to find us:

We are located in the Ridge Meadows Wellness Centre.

Unit 121 - 11900 Haney Place
Maple Ridge, B.C.
V2X 8R9
604-476-4650



Expect us to treat you and your family with compassion, dignity, and respect, without discriminating in any way.

www.fraserhealth.ca

This information does not replace the advice given to you by your healthcare provider.

Catalogue #266313 (March 2024)
To order: patienteduc@fraserhealth.ca

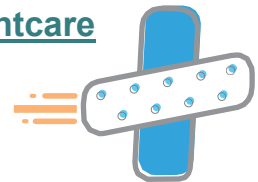


Ridge Meadows Urgent and Primary Care Centre

at Ridge Meadows Wellness Centre

Open 9:00 a.m. to 8:00 p.m.
7 days a week
604-476-4650

For more information:
fraserhealth.ca/urgentcare



What is the difference?

Urgent Care is for people who:

- Have an urgent medical concern that requires care within 12 to 24 hours and are unable to see their family doctor, nurse practitioner or local walk-in clinic.
- **Urgent Care** is not intended to replace family doctors and nurse practitioners as a person's first point of contact for health concerns, or replace Emergency Departments for life-threatening illnesses or injuries.

Examples of when to use Urgent Care

- cuts, wounds, or burns
- infections such as chest, ear, bladder, and sexually transmitted infections
- shingles
- animal bites
- new nausea, vomiting, diarrhea
- tetanus shots
- suture and staple removal

Emergency Department is for people who:

- are experiencing a health crisis or have a serious illness or injury
- need medical care right away

Examples of when to go to an Emergency Department:

- chest pain
- trouble breathing or short of breath
- any kind of bleeding that does not stop
- suspected stroke
- overdose or poisoning
- mental health crisis
- broken bones or dislocated joints

Our care team can include:

- doctors and nurse practitioners
- nurses
- clinical counsellors
- social workers
- medical office assistants

Do I need to call first?

You can call or come in person for an initial assessment with a registered nurse. **We decide who to see based on the urgency of care they require.**

A member of the care team might work with you to address your care needs, or they might connect you to the right local services and supports.

Not sure where to go?

Call Fraser Health Virtual Care

1-800-314-0999

- Speak with a nurse from 10:00 a.m. to 10:00 p.m., 7 days a week

Call 8-1-1

- Speak with a nurse anytime of the day or night.
 - Speak with a pharmacist from 5:00 p.m. to 9:00 a.m. every night of the week.
- HealthLinkBC is available in 130 languages. For an interpreter, say your language in English. Wait until an interpreter comes on the phone.



Call the Urgent and Primary Care Centre

604-476-4650

- 9:00 a.m. to 8:00 p.m., 7 days a week